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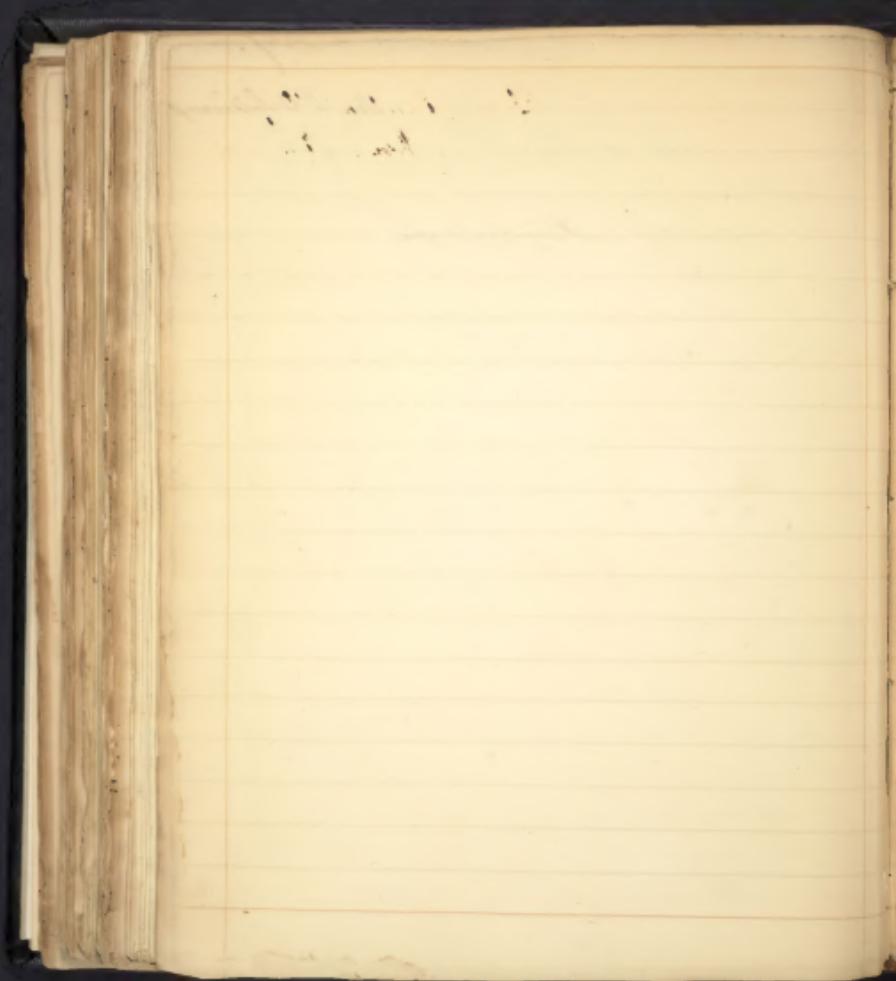
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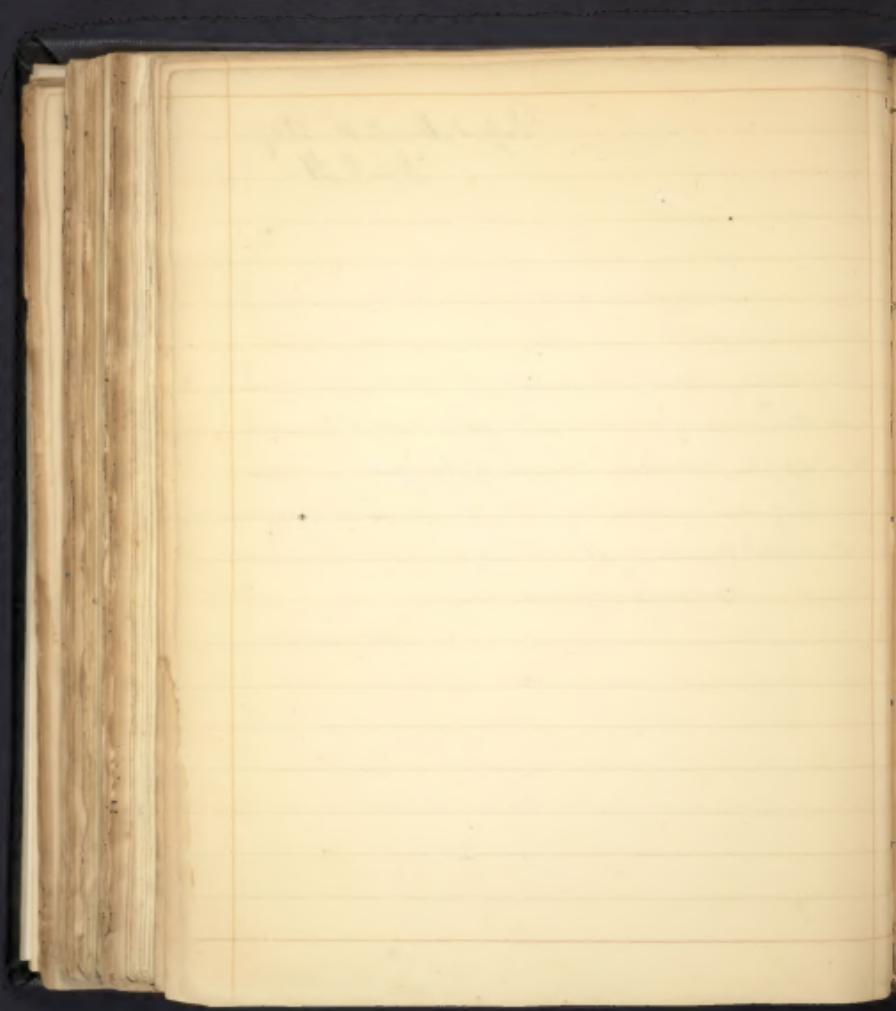
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Dapd. March 15th 1827
Dr. L. A.

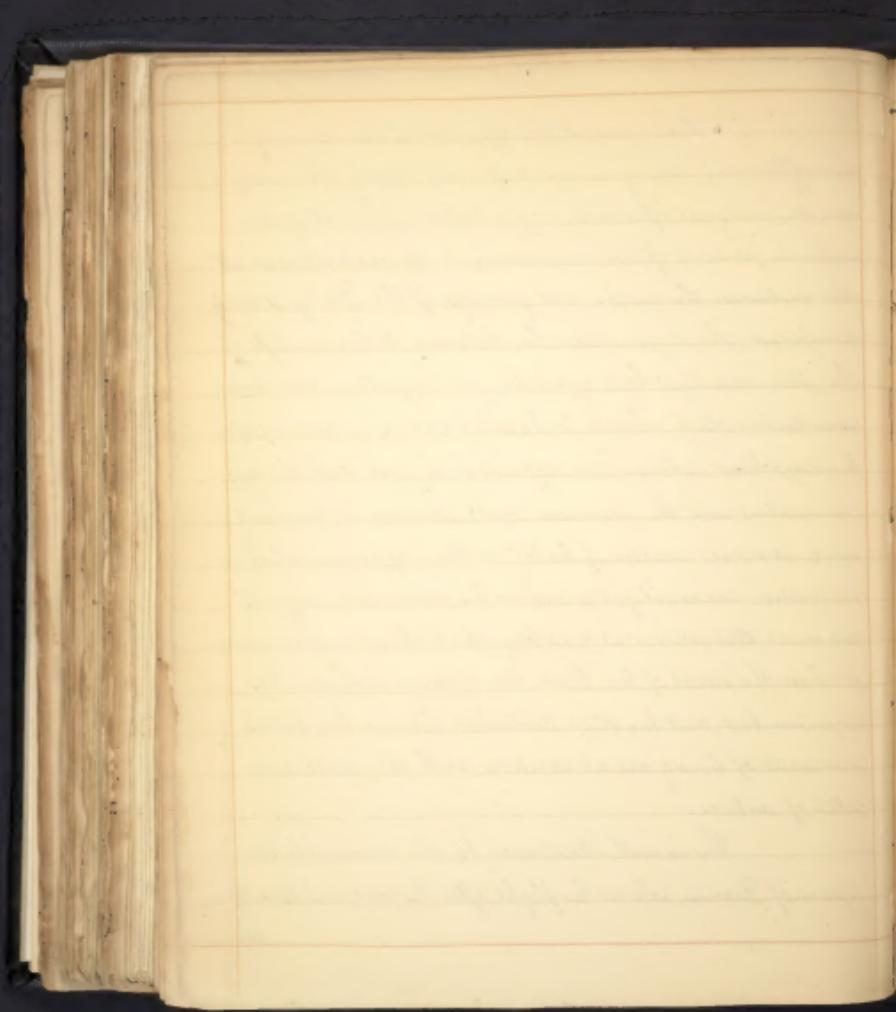
In conformity to the rules of the University of Pennsylvania, which require, that each candidate for the honour thereof should write an essay on some subject connected with the science of medicine, I purpose to say a few words on Dyspepsia, and though I despair of being able to advance any thing new or interesting either in its cure or prevention, still I shall console myself with the no less old than true maxim *non omnia perfumes omnes*,

John J. Sullivan



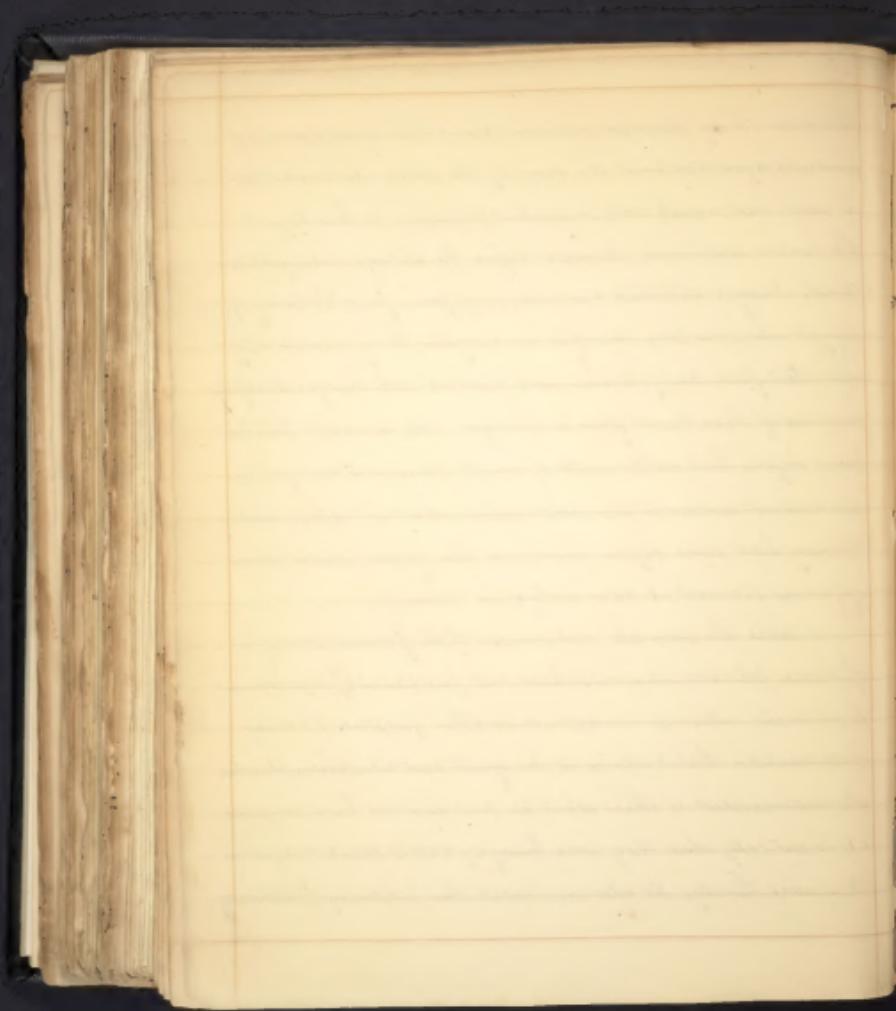
* Dyspepsia is the offspring of ease, luxury and affluence. Among savage tribes and among the needy and the indigent of society, it is a disease, if not altogether unknown, at least of rare occurrence. In this as well as in all other instances, the justice and goodness of the Deity is clearly manifested, who compensates the toilsome, laborious life of the poor man by a keen appetite, good digestion and a sound undisturbed sleep, whereby exhausted nature is restored after his day's hard labour. How different is the case with the lazy, the indolent and the luxurious man! He comes to his usual meals as a mere matter of habit, without appetite, relish, or satisfaction, and is obliged to suck in his confections, ragouts, and wines, that incitement to eating, which the indolent man finds in the sweat of his brow. His appetite is惰, his digestion bad, and his sleep disturbed, because his habits and mode of living are at variance with the wants and calls of nature.

This is well illustrated by the memorable confession of Darius, who in his flight, after his discomfiture by



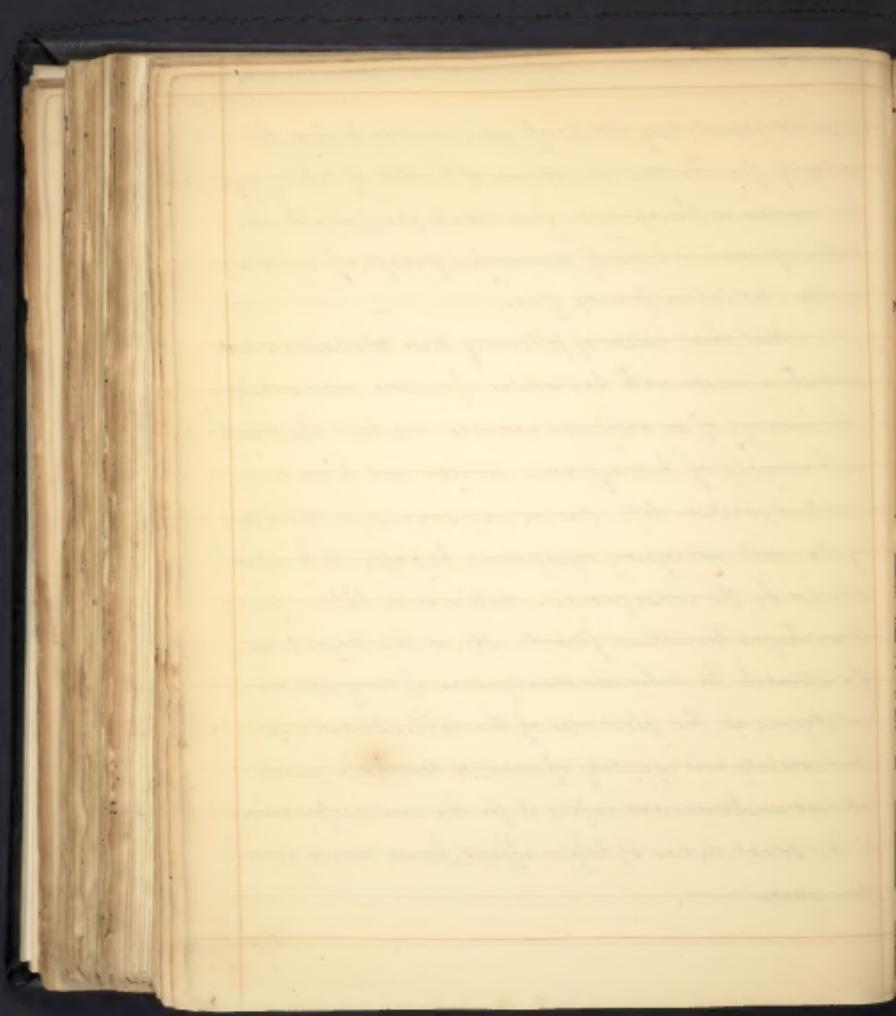
Alexander, being pained with thirst, and having drunk out of a vessel dyed red with the blood of the slain, declared that he never had drunk with so much satisfaction in his life. The reason is obvious. Because before he always anticipated thirst. Hunger extorted a similar confession from Ptolemy of Egypt, who, on a tour through his kingdom, being accidentally separated from his followers, and pained with hunger, thankfully accepted of bran bread from a cottager, and declared that he never before had eaten with so much pleasure and gout. We need not wonder at this declaration, when we reflect, that Ptolemy had never before procured the proper sauce, *hunger*, *jejunus*, *stomachus*, *raro*, *valgaria*, *temnit.*

If we were the example and counsel of the famous martyr of Greece followed, we would have but few cases of *hyppepsia* to encounter either in our own, or in other persons. I hardly need mention that I allude to the great and illustrious Socrates, who recommended to others what he practised in his own person, i.e. to eat only when they were hungry, and to drink only when they were thirsty. He also inculcated the propriety of abstaining from



from all stimulating articles of meat and drink, and the necessity, for the due maintenance of health, of taking regular exercise in the open air, from which, it is probable, the Father of medicine himself derived his precept of ~~ab~~ ^{mod} exercise; let labour precede food.

But when, instead of following these wholesome counsels so much in unison with the dictates of nature, men indulge the cravings of an artificial appetite, overload the stomach with a variety of heterogeneous articles, and lead an indolent, inactive life, it is no way surprising, that a train of the most distressing symptoms, hereafter to be noticed, should be the consequence... dulcia se in bilere vorant, stomachaque tumultum ferent. Nor is this tumult in the stomach the only bad consequence of too great an indulgence in the pleasures of the table. It destroys that serenity and equality of mind so desirable under all circumstances, and unfitts it for the due performance of the social duties of life; a afflictione humana deinceps particula cura...



that it is intended that the new
documented will be all up to a certain point and
then will be in a condition to be
completed in a certain time and in
any case up to time in the process of negotiation
between the two nations and days
of the exchange of documents will be
the date of mutual conclusion. It may be thought
that if the date of the exchange of documents
is agreed the same will not necessarily be the
date and it is well to remember that if the
change does not occur in a necessary time in
one of the two nations and the exchange of documents
are to be made on a day after, or before
the arrangement is made, as the number, it is of
the Stockholm Treaty, a number of days will be
in the duration of the exchange of documents
completely as the number of days will be



to sleep, and it always leaves a nervous condition
that before or after which it may be brought
in any way, even by violence, from, and that
puzzles the sage, or even mortifies me, when
I urge it in the mind of a city, when I see it
stagnate in his mind, when I see it injure
the value of the service it is capable of giving
him, &c.

The nervous influence may be engendered by
quitting suddenly and steadily, except in very a short
period, the coffee room, eating and drinking, high
adventurous life, the constant use of medicines, and of tobacco
one in the nation is important again. The process
of digestion, which is the cause of nervousness
& of the nervous system, is liable to the inactivity
of the stomach, & the result of it may
prove very injurious, such as a deficiency of blood, & often
prolonged quietness or an alliteration. These qualities
that will put a person in bed for weeks.



It is my opinion of the cause of the disease, a very
violent grippe or inflammation of the lungs, accompanied by a
spasmodic action of the heart, starting from the lungs, and then
of the heart and injection of the blood into the lungs. There
were now a few white hairs in his hair, & I think this
was the cause of the disease. The stools were like the tongue
want of bile. They are black from a retention of the
bile, so long a time, in the Stomach. The tongue
which at first was yellow, became later brown and



leads to a violent attack of the disease and may
occur with an only sensible pain, or with a severely severe
pains, often violent, particularly in the morning
and when upon some susceptible parts in the mouth, as
the tongue, of the disease becomes almost white.

Simple & according to the most usual symptoms of
hypotension, they are not the only ones. It is often attended
by violent palpitations of the heart, anguish of the
scalp, nervous and muscular tremors, and sometimes
anxious, feeble, tremulous, and impulsive affections,
longer, clinging, & unresisted, of the lower
extremities, tension of the abdominal muscles, &
weakness and feeble convulsions.

Dyspepsia never proves fatal until by suddenly
generalizability it passes into some other disease.
In less severe examination the violent appearances
are joined with, to confirm it, the liver, spleen and
pancreas. The liver is usually greatly augmented and
enlarged, the spleen diminished in size, and the heart

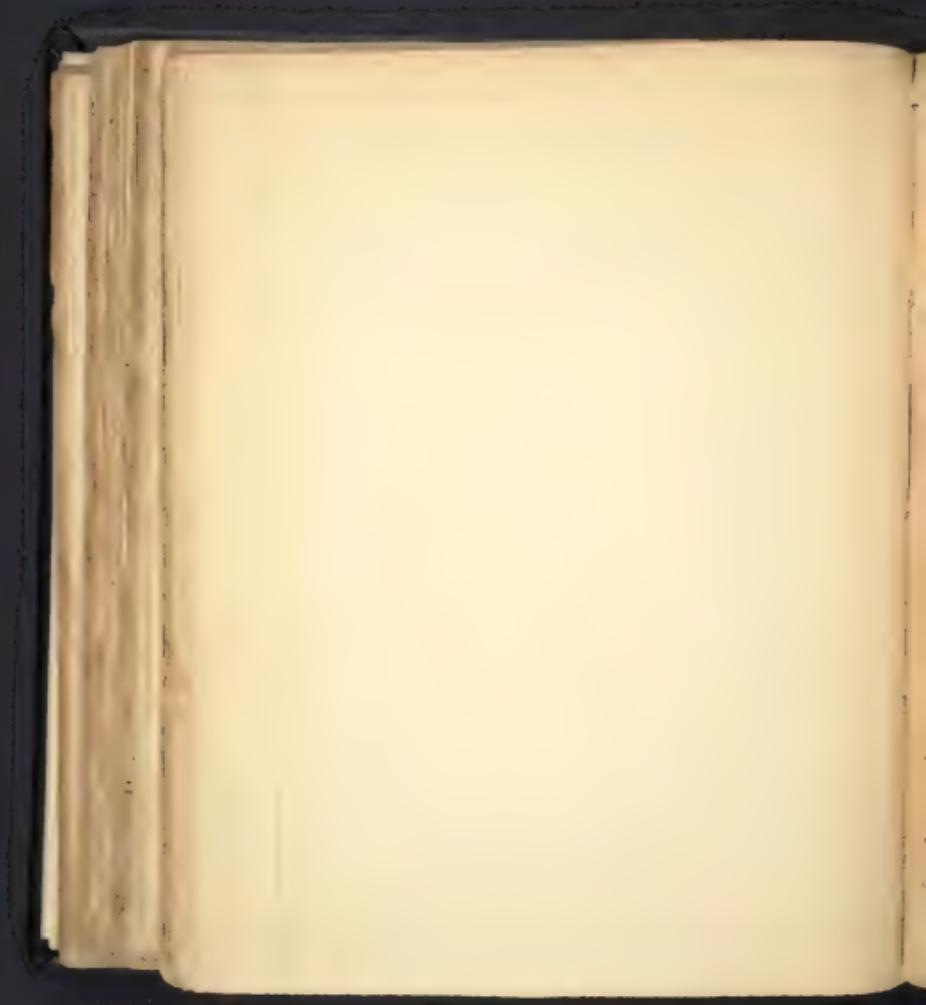


serious. The walls of the stomach becomes so stiff as
preventing wear marks of chronic inflammation and
it is generally found either flabby and relaxed or con-
tracted with air.

From the number and diversity of gastric affections,
the treatment of dyspepsia is very embarrassing. There
are however, five general indications to be fulfilled
first to obviate the remote causes, second to relieve urgent
symptoms, and third to widen the lumen of the stomach.
The first indication can only be fulfilled by a scrutinization
of our habits and manners that predispose to the disease.
For which they are persevered in, it would be idle and unprofitable
to attempt to cure. The second indication is to be fulfilled by
the removal of the redundancies of the stomach. This can best
be done by the use of emetics, which evacuates the stomach
without producing exhaustion. By an emetic timely admin-
istered, we sometimes succeed to widening the lumen of the
stomach and putting it into the reverse of tension.
Next we resort to the milder purgatives, such as the bark



in an acute, strangu-lating or impeding a vent, may
exist in equal portions. The stools often the bowels and
above the stomach by their abdominal and intestinal propria.
The saline and drastic purgatives are unquestionably useful
as means to increase the viscosity viscidity viscosity viscosity viscosity viscosity
the elements of canal and consequently to increase the effect
that were intended to remove simply obstruction.



an excellent remedy. Though most in every炮 are
with the acid of the Stomach it forms a mild laxative
and corrects the superabundance of the acid by its alumin-
tum properties, readily & not infrequently attended by
bitterness, which may be alleviated by the extractive juice.

But of all the remedies used for exciting acidity, flatulency,
and gastralgia, muriot ashes and root rice, perhaps, are most
efficient. The proportion are one grain of the ashes and half
a grain of the root in a gallon of boiling water.

After the decoction has been strained, add a few
grains of the root to the tea & drink it half an hour after each
meal. The root should consist of coarse root, as being too delicate
is the natural power to move. Any simple remedies such as two or
three bladders straw & a tea-spoonful of rawn, any grain of ginger
are with a few grains of the root taken immediately after meals will sometimes
relieve an oppressive flatulency, & so to the same effect as above
the rawn, or commodities such as onions, shallots, & c. which
make most of meat with the articulate. This painful affection
& pain attended by spasm which though recumbent to the moment



will always be a cause of alarm, but in a
country where there is no great extent of land
and where the water may be gone with a very great
degree of rapidity, it will be difficult to get
out of ground without a large amount of water and
protection. There ought to be a way to be had out by the river
of course. If nothing else, it will be made by the
people who are by the river caught.

There is another of the extremes of exposure which
is to be avoided, of neither sand nor such as is found in England
and Germany. But it is frequently met with on the high banks
of Scotland and in some parts of the western states of this country.
It is generally poor, wet before it comes out, though it is
sometimes met with among the well fed and the hardy in
all my areas from except in eating a few days back large
quantities of water. It is a great cause of trouble to the
people who live on the high banks of water, for
that they ought to be on the river and a small bank
is a common place. If this is to be done, there is



and don't you see that the water is not
a pure water and the salt has a tendency to go and
gather in certain parts of here because such a tendency. Therefore, and
as we of thinking the carbonate of ammonia and the water
or strong baking soda excellent remedy. The effects are very
pleasant it should be frequently and administered. For the
removal of salivation of the heart, strong and periodically
as in a watercress of the ammonia and the water as much
salt and appropriate proportion. As in this case we
would either have a hypodermic syringe or remove by a different
method of removing such a large amount of heat could take passing
in the body. Therefore ammonia and the carbonate of ammonia
are also very good. If these articles would fail to give relief
then despatch because because very strong.

Now upon drawing from a syringe of the ammonia
from a watercress of three drops, one drop, very agreeable
and when administered by mouth, there is an all over sense
of comfort. Two or three drops of the blue oil, and then the
sodium bicarbonate of three drops, the practice. The



human rights are certainly to be the resolutions of the
higher generation.

The treatment of the said disease, which is always of an inflammatory nature, is to be effected by tonics and antiseptics. The milder the vegetable diet the better, such as
grapes, lamb's lettuce, radish, and the green herb, and the character of which in this disease seem suited to a reference, can be easily digested in the stomach and though it in the whole system is more lasting, if it is so of removes the carbuncle and carbosis from the concerned the most efficient. The best antiseptics are the galvanic and mercurial acids, and the incised texture of iron.

The procedure is as follows of the treatment of
gangrene, as it usually occurs to which I will be sure that
mention, one of the causes are indigestible in the diet,
we are told by Professor Chatonno, then whom we need
not look for higher authority, that even in the confirmed
stage of the disease attended by the contact to the skin
the various carbuncles for this you require sulphur as



the heat on the skin, and the sweating, by repeated sudorific actions increase, especially, and not much, or not consist of, air, and the lighter mists will readily give to cure, although a violent sweating comes

But in the progress of the rheumachnic inflammation frequently supervenes upon the skin, a violent heat, attended with swelling of the thoracic and hypochondriac regions, a hard, quick and rapid pulse, low fever, a hoarse, harsh, hard dry cough and expectoration.

The inflammation here may extend to the lungs and produce confirmed phthisis. But the diaphragm, pancreas, spleen and particularly the liver from their vicinity to the stomach are most apt to take on the affection, and the next to sympathetic disease generally proves more unmanageable than the cerebral, though it entirely relieves the stomach. The reason seems to be, that the stomach possesses a greater power of the *vis viva*, whereby it is enabled to have the most effect on some neighbouring vessels, and these usually require strength by the transfixion of a recurrent nerve.



In this form of the disease small and adjourned bleedings are indicated. Specie in small doses, ~~and~~ sweat is to galls and permitted to dry, so as not to exsiccante, is very good and seems to act as an astringent. Leeches to the epigastrium and a blister to the same part after the abstraction of blood are indispensible to arresting so flam. ulcer. The strength is to be supported by a light and nutritious diet, and by small and diluted quantities of wine. To reduce the inflammatory tendency without abstaining from a generous and nourishing diet is, at this period, an object of the highest importance. It fulfilth this indication no medicine seems to be more appropriate than the extract of potash. It diminishes the heat of the body, reduces the frequency of the pulse and promotes the action of the bowels and kidneys...

... a small and frequent dose of the extract of the same when a disease is in a state of incipiency, but to administer a dose of eight drams four or five times a day, and a small quantity of wine and consequently a few leeches. The effect is to the greatest advantage, but it soon becomes necessary to wash up the



at least by the time we are enabled to meet the
presenting symptoms at the stage of the disease
we may expect to find a cure in the power, and
clear the way for the full power of the constitution. We would
therefore impress on the practice of physicians of late years
to the use, however small, of the purgative and a safe
purgative as our only resource.

There is a class of dyspepsia arising from habitual con-
sumption of either by eating, or using stimulants
and opiate drugs. Here the secretion of the stomach is
corrupted, the gall-bladder becomes very relaxed by constant
over-eating. The first treatment in this case consists
in the exhibition of stimulating drugs, giving extracts
of rhubarb, and in certain circumstances. But without the
patients reformation no plan of treatment will succeed.
we may palliate, but cannot cure. when the symptoms
become so serious, the physician can only use a few
remedies all that can be done is to keep the bowels
open and administer opiates to allay pain. The same



the case is not applicable to, and the, use
of the heating act.

It may be collected from that the first and last
treatment of the disease in the first stage in which man
is in such a state of health, that it is convenient
to be reducing the tension of the stomach and
bowels by tonics, elements not being in creating the
structure, as were then selected by the use of purgatives
and in destroying inflammatory matter, in well exciting
the body, in, ichogistic medicines, and that of the same
stage in which we have, reduce it, convenient in
supporting no, weight of disease, as the first course
and in palliating slight symptoms by means of some
soft elements, as in make a few observations on the
act, when you discharge patients.

When you are in doubt about a man, it will be the
best, best, that a physician can use, it is not only safe and
the simplest forms of a physician, who is a causallyca

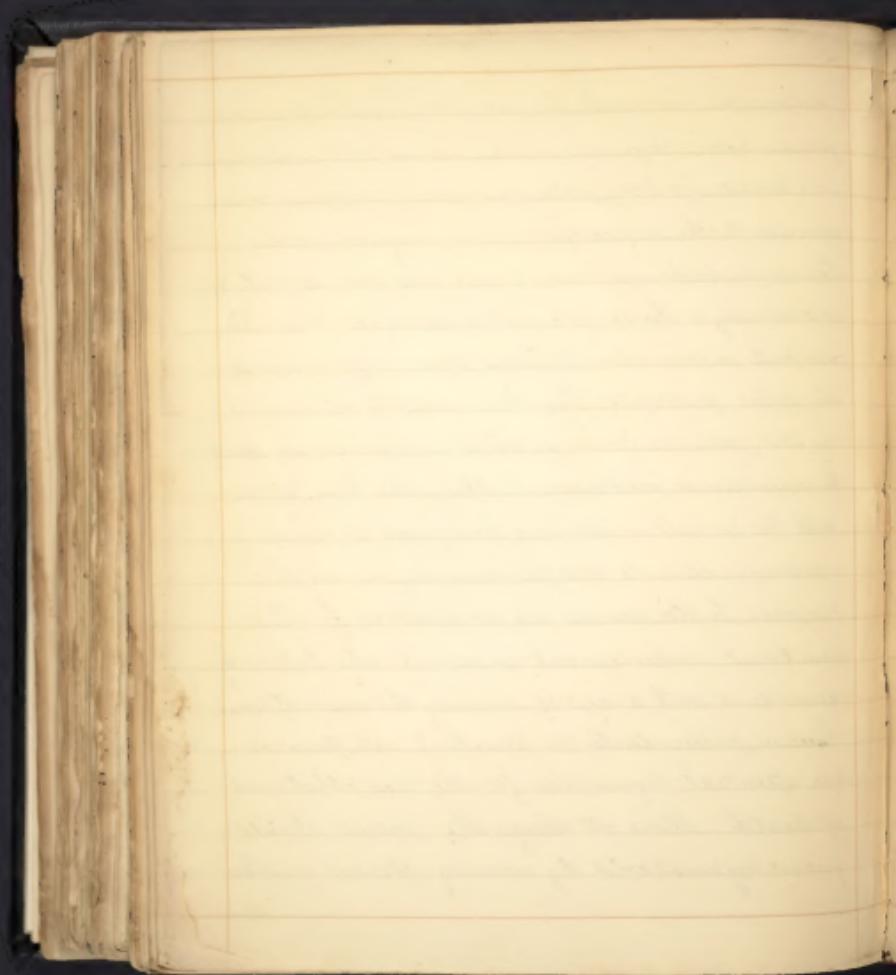


and not over 12 hours, which time should be
reserv'd to the patient. The best substance for
a poultice which should be prepared in a similar
manner to warming, allowing it to cool and removing off
the dry surface and then applying and covering it in
the usual manner with cream and sugar. The poultice
of beef is a strong and hot warming article. The light
meats may be used moderately for dinner, but when
part of some fowly description and easily digestible.
No pickled lamb, goose and ducks are to be pre-
pared because they contain a greater portion of fat and
mucilage which are hind'r digeston and therefore
expulsive. Lop-skins of every kind are injurious, &
the like of fife and fish. Turnips and carrots are
the only vegetables at all allowable. The patient should
eat frequently and sparingly of the simplest articles
as a French Shoulder or taken because by
stirring the Stomach with it causes the debility of
the gastric juice & increase in the abdomen.



water is the best drink the patient can take. But if his former habits require it, a little brandy and water may be allowed. In long protracted cases of dyspepsia, remedies applied to the surface often prove very serviceable. The warm bath used twice a week does good, not only by determining to the surface, but by acting as a tonic. The cold bath in some cases produces similar effects, and upon the same principle. The choice must be determined by the patient's feelings, which, as a general rule, should be consulted in most cases. Rubbing the body all over with basket salt is also very beneficial, by causing a determination to, and producing a glow on the surface. To old maids are we indebted for this practical improvement in our art, who habitually resort to it with a view of repairing the waste of time. Exercise, particularly on horseback, and pure air are essential requisites for the reestablishment of health. Above all things the patient should guard against cold by wearing flannel next his

skin



skor, and in case of cold feet, Should have his sole
dusted with cayenne pepper. He Should rest, but
not sleep after meals. In short, the prophylactic
course may be summed up in the following
adage. Si tibi deficiunt medici, medici tibi facit
hac tria, mens apta, requies, moderata dieta.
in plain english thus. the best physicians are, Doctor
Quiet, Doctor Merrysman and Doctor Diet.

se me Grispini scripia typi compulsa pulis, verbum non amplius
adolam.

